



Week 8: *Walk While at Work*

Working in an office with a set schedule and never ending emails is a sure fire way to increase your stress levels. It also creates problems when trying to fit an exercise routine into your busy day. Since, we all know how important exercise is to our mental and physical well being, try a few of these tips to stay active during the work day:

- First off, can you walk to work? If so, start today!
- Get off the elevator a few floors early and take the stairs to your office.
- Try to hold meetings and brainstorming sessions while walking with co-workers around the building. The movement and fresh air will keep your blood pumping, your brain ticking and help everyone stay more alert.
- Set aside a few lunch hours each week to take care of your health. Head to the gym or take a 30 minute walk and finish your lunch at

your desk.

- Finally, treat yourself like the most important client in your day. Schedule fitness appointments for yourself on your calendar and block off parts of your day to make sure you have time to manage your health. The healthier you are, the better equipped you will be to handle your daily work activities.

Beginner's 12 Week Walking Schedule

WEEK	SUN	MON	TUES	WED	THU	FRI	SAT
8	25 min	30 min	40 min	30 min	40 min	30 min	50 min

Visit www.inshape.in.gov for more online advice from First Lady Cheri Daniels.

Protein: More Is Not Necessarily Better

Additional protein is not needed just because you're physically active. Extra protein doesn't enhance performance or build more muscle. The only way to increase your muscular strength and size is through athletic training.

Most of us eat more than enough protein every day. But even when certain athletes *do need* slightly more protein, like endurance athletes and weight lifters, that amount is small and easily achieved through increased food choices within a well-balanced diet.



Protein Recommendations

For most of us who exercise 30 to 60 minutes daily, 0.5 to 0.75 grams of protein per pound of body weight is adequate.

125 lb. woman = 62.5 to 93.75 grams daily

190 lb. man = 95 to 142.5 grams daily

Endurance athletes need 0.6 to 0.7 grams of protein per pound of body weight and adults building muscle mass may need 0.7 to 0.8 grams. Here's the range for 0.6 to 0.8:

125 lb. woman = 75 to 114 grams daily

190 lb. man = 100 to 152 grams daily

Protein Sources

Make heart-smart protein choices. Choose lean red meats, low or reduced fat cheeses and lowfat milk. Remove poultry skin before cooking. Also, whole wheat grains provide more protein than white, refined versions.

- 1 egg = 7 grams
- ½ cup 1% lowfat cottage cheese = 14 grams
- 1 cup lowfat or fat free milk = 8 grams
- ¼ cup reduced fat shredded cheddar cheese = 7 - 9 grams
- 1 cup lowfat plain yogurt = 12 grams
- 3 oz. lean beef, pork, poultry or seafood = 20 - 30 grams
- 1 cup baked beans = 12 - 18 grams
- 2 slices whole wheat bread = 6 - 8 grams
- 1 cup whole wheat penne pasta = 7 - 14 grams
- ¼ cup nuts = 6 - 8 grams

Source: American Dietetic Association and American College of Sports Medicine

The Community Corner

NAMI Indiana Walks for the Mind

When: Saturday, June 7th: check-in @ 9am, walk @ 10am

Where: Indianapolis @ Major Taylor Velodrome, 3649 Cold Spring Rd.

Contact: Joanne Abbott jabbott@nami.org, 317.925.9399 or 800.677.6442 [Click for Details](#)

*Help raise awareness of mental illness and funds for NAMI IN Programs. **Free!***

4th Annual Mount Vernon Kiwanis 5K Run/Walk

When: Saturday, June 7th @ 8am, registration @ 7am

Where: Corner of Main and Water Streets

Contact: Dennis Moore @ 812.838.4886 *Trophies, awards, random drawings for cash prizes and more! Mt. Vernon is located in southwest Indiana where the Wabash and Ohio Rivers meet.*

Take Steps for Crohn's & Colitis

When: Saturday, June 7th @ 5pm - registration & 7pm program begins

Where: Indianapolis @ Celebration Plaza at White River State Park. For more information, or to form a team, please email Dawn Drinkut ddrinkut@ccfa.org or call 317.259.8071 / 800.332.6029

[Click for details](#) and [Register](#) today to *Take Steps and Be Heard in 2008!*

Area IV Agency 22nd Annual Senior Games

20 Different Recreational Events for those age 55 and older (medals awarded!)

When: June 9th - 13th

Where: Various Greater Lafayette locations and surrounding areas. Square Dancing and Skee Ball have been added this year. *Senior Games* is for individuals age 55 and over who live in Benton, Carroll, Clinton, Fountain, Montgomery, Tippecanoe, Warren and White Counties.

[Click for Details](#) or Call the Senior Games Hotline 765.447.7683 / 800.382.7556

Take Steps for Crohn's & Colitis

When: Saturday, June 14th @ 5pm - registration & 6:30pm program begins

Where: South Bend @ College Football Hall of Fame. For more information, or to form a team, please email Dawn Drinkut ddrinkut@ccfa.org or call 317.259.8071 / 800.332.6029

[Click for details](#) and [Register](#) today to *Take Steps and Be Heard in 2008!*

American Diabetes Association's Tour de Cure

When: Saturday, June 14th

Where: Indianapolis Motor Speedway

Contact: The American Diabetes Association @ 1.888.342.2383 or go to

www.diabetes.org/tour. The Tour de Cure lets you get up-close & personal with one of the nation's most famous landmarks. This family friendly bike ride includes four fun route options, designed for cyclists of all abilities!